

UPDATE AND DISSEMINATION OF THE COLLECTION OF EVIDENCE-BASED PRACTICES FOR CHILDREN AND ADOLESCENTS WITH MENTAL HEALTH TREATMENT NEEDS

Study Mandate

- The Commission on Youth is directed to:
 - Make the *Collection of Evidence-Based Practices for Children and Adolescents with Mental Health Needs 4th Edition* (the “Collection”) available through web technologies;
 - Seek the assistance of the Advisory Group, Secretary of Health and Human Resources, Secretary of Public Safety and Secretary of Education;
 - Develop a cost-effective and efficient dissemination method to allow for easy access to the information; and
 - Update the *Collection* biennially (SJR 358, 2003).

Issues

- Based on the 2000 U.S. Census Report and the Methodology for Epidemiology of Mental Disorders in Children and Adolescents (MECA) Study, almost 21% of children ages 9 to 17 have had a diagnosable mental or addictive disorder. According to the National Institute of Mental Health (NIMH), half of all lifelong cases of mental health disorders begin by age 14.
- Data supports particular treatments for specific problems known as “evidence-based practices” (EBPs). There is mounting interest in Virginia and across the nation in developing EBPs for children with mental health and substance abuse treatment needs.
- Since November 2002, research, clinical trials and publications on EBPs have increased significantly. There have been more than 1,500 published clinical trials on outcomes of psychotherapies for youth and more than 500 different named psychotherapies. This includes six meta-analyses discussing the effects of these treatments and more than 300 published clinical trials on the safety and efficacy of psychotropic medication.
- The *Diagnostic and Statistical Manual of Mental Disorders* is the American Psychiatric Association’s publication considered by practitioners throughout the world to be the definitive source used to classify mental illnesses. This publication provides evidence-based diagnostic information on which clinicians can rely in planning treatments and predicting outcomes. A comprehensive revision of the diagnostic criteria set forth in the 2000 edition is underway. The *DSM-V* will be published May 2013.
- The anticipated changes to the *DSM-V* will likely impact future editions of the *Collection*. Anticipated changes are expected to include the following:
 - re-categorizing learning disorders;
 - the creation of a single diagnostic category for autism and other socialization disorders;
 - replacing "mental retardation" with "intellectual disability"
 - changing the three attention deficit hyperactivity disorder (ADHD) subtypes;
 - establishing a single "addiction and related disorders" category;
 - offering a new assessment tool for suicide risk;
 - adding a new disorder in children, "temper dysregulation with dysphoria," describing negative mood with bursts of rage; and
 - revising criteria for some eating disorders, including creation of a separate "binge eating disorder" distinct from bulimia.

- In anticipation of the release of the *DSM-V*, revisions will need to be made to the 4th Edition of the *Collection* during the 2011 study year.
- A more comprehensive update will take place during the summer of 2013 following the release of the *DSM-V*. This update will capture changes to web-based resources and will include recent literature and practices in the field of Intellectual Disability, and other disorders as needed.

Study Activities

- Re-convene the Advisory Group via electronic means for the next biennial update.
- Convene a subgroup of experts and advocates in the field of Intellectual Disability, and similarly for other disorders as recommended by the Advisory Group.
- Investigate partnerships with state agencies, universities and other organizations to enhance the content of the *Collection* for the next biennial update.
- Review other states' initiatives regarding the utilization and dissemination of evidence-based practices in the field of children's mental health.
- Identify goals, strategies and mechanisms for continued dissemination of the *Collection*.
- Identify additional partners and participants in biennial update and training initiatives.
- Complete revisions/modifications to the *Collection*.
- Develop recommendations:
 - Suggested modifications to *Collection*;
 - Partnership or agreement with partner organizations for biennial update; and/or
 - Legislative or budget proposals.
- Present findings and recommendations to the Commission on Youth.